

KURASH

Kurash (Eastern type of wrestling) means bringing up a person strong, adroit, tolerant and determined. The art of Kurash has existed in many nations since ancient times. Archeological findings, historical manuscripts prove that kurash was an indissoluble part of Uzbek lifestyle. According to Chinese manuscript "Tan-shu" weddings and other ceremonies were not conducted without kurash contests in Fergana valley. In ceramic object found from the territory of ancient Baqtriya (South of Uzbekistan) which belongs to jez period, the image of two wrestlers who were clinging each other were expressed.

There is a *belboghli kurash* (belt wrestling) type of kurash among Uzbek people. There are many archeological findings and historical manuscripts belonging to this type of kurash. In the monument found in the territory of ancient Mesopotamia with the history of 5 thousand years the image of wrestlers who were competing in style of *belboghli kurash* was described. Kurash competitions are organized in large ceremonies, holidays and in family ceremonies. Even at present kurash competitions are being held under traditional rules in Bukhara, Surkhandarya and in Kashkadarya regions.

According to the traditional rules, once the first wrestler comes on the stage the opponent has to come himself. In it the age and the weight of the wrestlers does not matter. In order to deal with the victorious wrestler, the claimant reveals his desire and final wrestler, who won others, wins the contest.

In 1991 the representative of kurash wrestlers' generation, international master of sport Komil Yusupov elaborated kurash rules which correspond to the world standards. In 1992 Uzbekistan Kurash Federation, in 2001 Uzbekistan *Belboghli Kurash Federation* were founded.

Based on the performance and used methods such marks as "chaka", "yonbosh", "halal" are given. For illegal actions "tanbeh", "dakki" and "ghirrom" punishments are given. If a wrestler gets "halal" mark or the opponent gets "ghirrom" mark, it means his victory. Getting "yonbosh" mark twice and the opponent's getting "dakki" mark two times also means the wrestler's victory.

"Chala" marks are counted and the wrestler who gets these marks is considered as a winner. In case when the number of the wrestlers' marks and punishments are equal, the wrestler who gets marks wins the contest. If the number of punishments equal to each other, the wrestler who gets the punishment the last loses the game. If everything is equal (or if none of them gets the marks), the winner is determined as a mutual consent of the referees. In Uzbekistan such international competitions dedicated to the memories of at-Termiziy, Pahlavon Mahmud is conducted regularly. At present there are 22 Olympics schools, 37 children's and teenagers' sport schools and 206 kurash schools in Uzbekistan where students are getting knowledge on this type of sport.

